

CLAIMS

1. A habit cessation aid comprising:  
a timer to time the interval between starting a habitual act,  
5 a display for displaying messages in operative connection to the timer, and  
a strap to strap for securing to a users.

Sub A1  
2. A habit cessation aid as claimed in claim 1 wherein the habit is  
smoking.

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3. A habit cessation aid as claimed in claim 1 further comprising an  
alarm.

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4. A habit cessation aid as claimed in claim 3 wherein the alarm is at  
least from the group of auditory and vibratory.

5. A habit cessation device as claimed in claim 1 wherein the device is in  
the form of a wristwatch.

Sub A2  
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6. A habit cessation aid as claimed in claim 1 further comprising:  
a means for functioning as a wristwatch and displaying items including at least time,  
date, elapsed time.